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If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
Ashley

# KIND WORDS

## Objective:

- \*Students will be able to identify positive vocabulary words, and develop an awareness of positive qualities within oneself.
- \*Students will self reflect on their positive word.

## Materials:

- \*Positive word pages cut out beforehand.
- \*Scissors

## Guiding Questions

- \*Why is it important to use positive and kind words with others and with yourself?
- \*How can using kind and positive words help others?

## Activity Details (about 30 min):

- \*Give each student a positive word that you feel describes them.
- \*Then have each student stand and read the word they were given and the description under the word.
- \*You can elaborate by saying why you felt that student deserved that positive word or by giving an example. Additionally, beforehand you could write that reason or example on the back of their word. Ask the class if there is a word that they would assign to a classmate and why.
- \*Encourage students to speak with more positive words about each other and how we can all lift ourselves up by lifting others up.
- \*Ask students to self reflect on the word they were given in a journal or writing assignment, ask them to describe how it made them feel.

## ASCA Standards Alignment:

- \*M 1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.
- \*B-SS 2: Create positive and supportive relationships with other students.

## SEL Competencies:

- \*Relationship Skills: relationship-building.
- \*Social-Awareness: perspective-taking, respect for others.



# CAPABLE

I am loveable and capable. No one, and nothing, can ever hold me back, but me!



# WARRIOR

I give my work my best effort. I face a challenge with courage & determination.



# GAMECHANGER

I think "outside" the box, my creativity and innovative ideas can change the world.



# UNSTOPPABLE

Nothing can hold me back! I face any obstacle with a positive attitude.



# STRONG

I don't put other people down, I lift them up!



# LEADER

The world has enough followers, I choose to lead by setting a good example for others.



## PEACEMAKER

I'm a Peacemaker, not a Peacebreaker! I treat all people with kindness and respect.



## UPSTANDER

I choose to stand up for myself and others.



## SUNSHINE

I keep my face to the sun, and the shadows fall behind me. My smile and attitude lights up any room.



## COURAGEOUS

Courage does not always roar. I have the quiet voice in my head that says "try again".



## HOPEFUL

I always believe that something great is about to happen, and it will.



## FEARLESS

Some people forget everything and run, I face everything and rise.



## BE "YOU" TIFUL

I don't have to be beautiful like you, I am beautiful like me!



## LOVEABLE

I am friendly, helpful, and kind. That makes me very lovable.



## LIMITLESS

My life is filled with infinite possibilities, and I am going to soar to infinity and beyond.



## POWERFUL

I am not what happened to me. I am what I choose to become!



## SUCCESS

Failure is not falling down. Failure is refusing to get back up. No matter what, I always get back up!



## RELENTLESS

It's hard to beat the person who never gives up. I work until I get what I need to done.



# AMAZING

I make today, and everyday, ridiculously amazing!



# RESPECTFUL

I am always polite and civil to others.



# CARING

I go out of my way to make sure others are okay. I help and look out for others.



# HONEST

People can trust what I say. I tell the truth even when it is not easy to.



# COOPERATIVE

I work very well with others and in a group. I am friendly and people find me agreeable.



# RESPONSIBLE

I am accountable for my actions. I can be trusted with important jobs and roles.



# HELPFUL

I am always looking to help or aid others. I am a giving person.



# DEPENDABLE

When I say I am going to do something, I do it. You can depend on me to be true to my word.



# KIND

I use my words to make others smile. I lift others' spirits with my words and actions.



# INNOVATIVE

I use my creativity to come up with new and clever ideas.



# CREATIVE

I use my imagination to come up with new ideas, make things, or solve problems.



# GENEROUS

I share what I have with others without expecting anything back.



## ENCOURAGING

I cheer people on and help them believe in themselves.



## POSITIVE

I look on the bright side and think good thoughts even when things are hard.



## THOUGHTFUL

I think about other people's feelings and do kind things for them.



## PATIENT

I stay calm when I have to wait and when things don't happen right away.



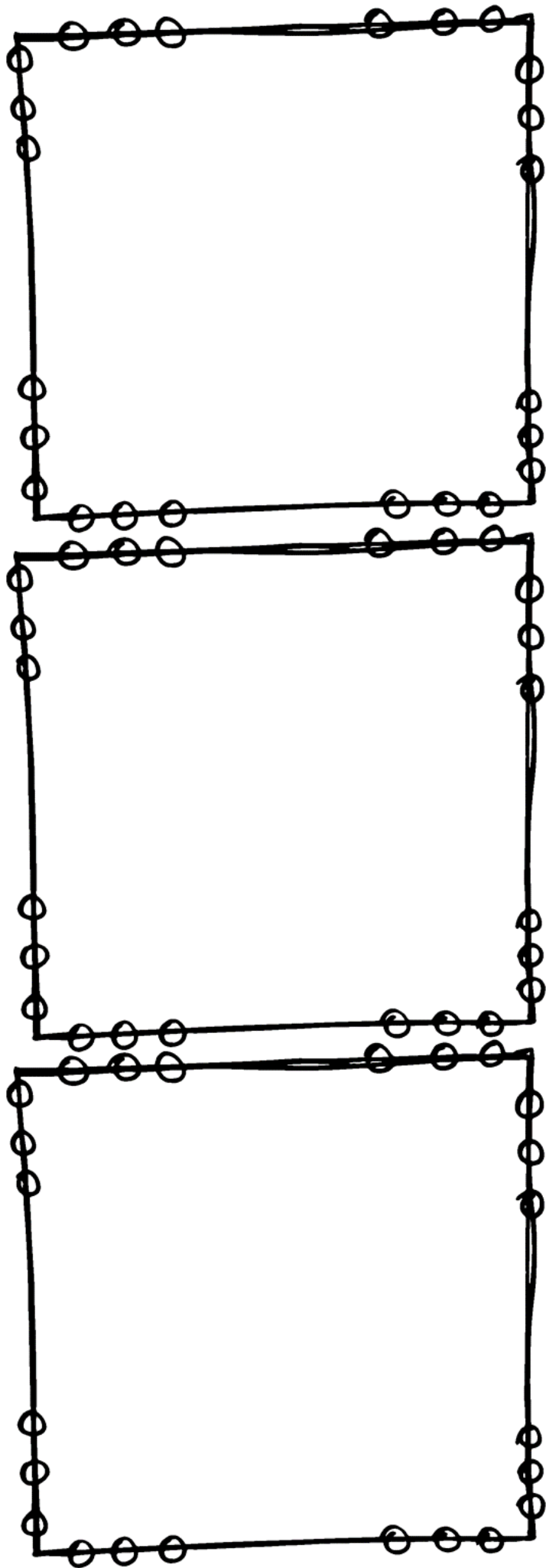
## FUNNY

I make people laugh in a kind and silly way.



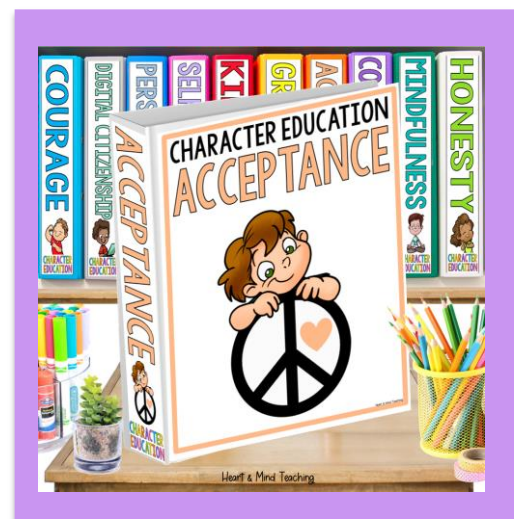
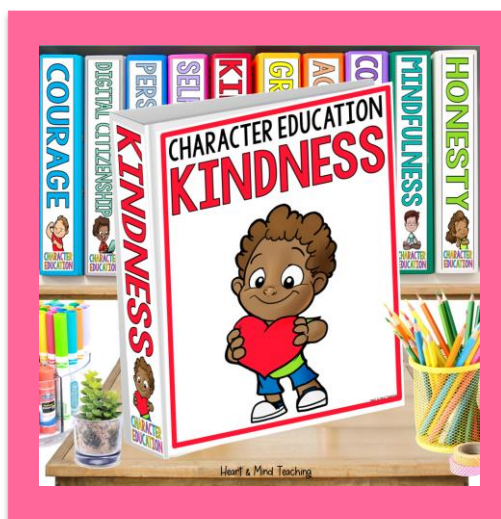
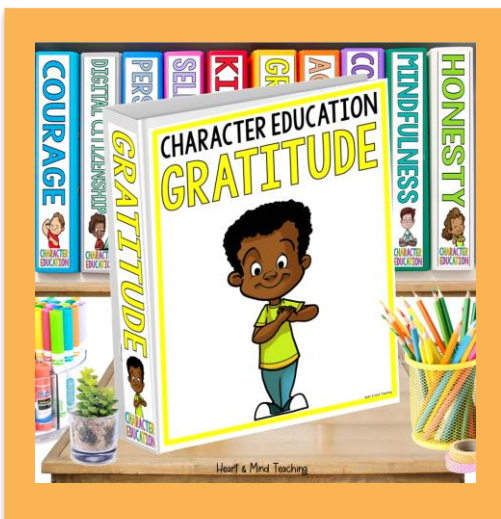
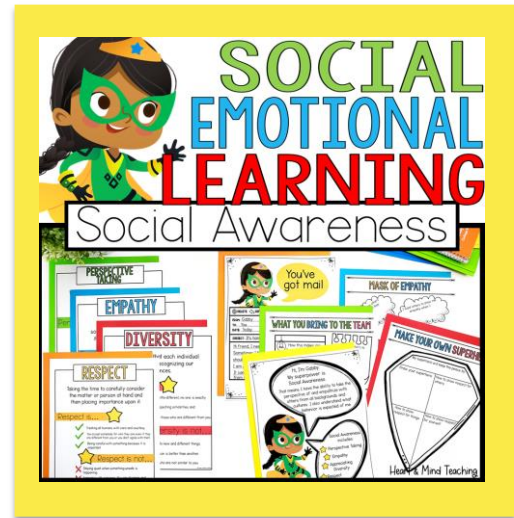
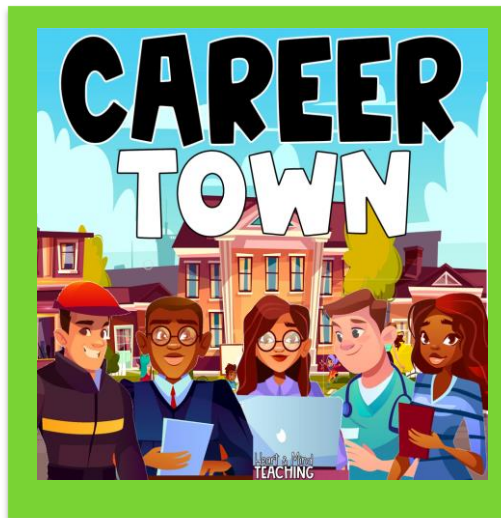
## LOYAL

I am a good friend and stick by them when things are hard.



# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



## COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

### MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND  
TEACHING



# THANK YOU

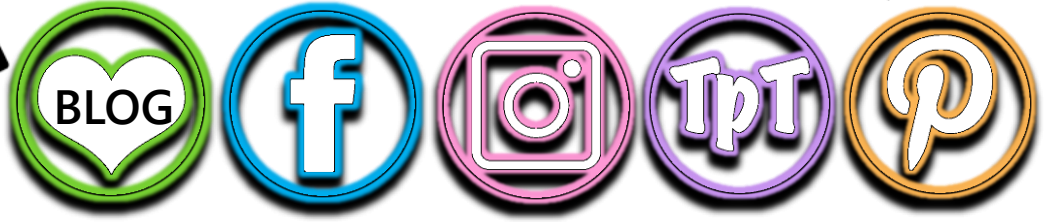
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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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*Ashley*

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